

Rydon Primary PSHE curriculum map

TERM		YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Autumn	Families and friendships	Roles of different people; families	Making friends; feeling lonely and getting help	What makes a family; features of family life	Positive friendships, including online	Managing friendships and peer influence	Attraction to others; relationships; civil partnerships and marriage
	Safe relationships	Recognising privacy; staying safe	Managing secrets; resisting pressure	Personal boundaries; the impact of hurtful behaviour	Responding to hurtful behaviour; confidentiality	Physical contact and feeling safe	Recognising and managing pressure
	Respecting ourselves and others	How behaviour affects others; being polite	Recognising things in common and differences	Recognising respectful behaviour; self-respect	Respecting differences and similarities	Responding respectfully to a wide range of people	Expressing opinions and respecting other points of view
Spring	Belonging to a community	What rules are; caring for others' needs	Belonging to a group; roles and responsibilities	The value of rules and laws; rights and responsibilities	What makes a community; shared responsibilities	Protecting the environment; compassion	Valuing diversity; challenging discrimination
	Media literacy and digital resilience	Using the internet; communicating online	The internet in everyday life	How the internet is used	How data is shared and used	How information online is targeted	Evaluating media sources
	Money and work	Strengths and interests; jobs in the community	What money is; needs and wants	Different jobs and skills; jobs stereotypes	Making decisions about money; using money	Identifying job interests and aspirations	Influences and attitudes to money
Summer	Physical health/mental wellbeing	Keeping healthy; food and exercise; sun safety	Why sleep is important; medicines; teeth hygiene	Health choices and habits; what affects feelings	Maintaining a balanced lifestyle; oral hygiene	Healthy sleep habits; sun safety; medicines; allergies	What affects mental health; loss and bereavement
	Growing and changing	Recognising what makes them unique and special	Growing older, naming body parts	Personal strengths and achievements	Physical and emotional changes in puberty; personal hygiene	Personal identity; mental wellbeing	Human reproduction and birth; managing transition
	Keeping safe	How rules help us; keeping safe online	Safety in different environments	Risks and hazards	Medicines and drugs common to everyday life	Keeping safe in different situations; first aid	Keeping personal information safe; drug use and the law

“Respect others and others will respect you.” Confucius